

## WHAT IS CLAIMED IS:

1. A foot strap for use with an associated tree stand, the foot strap comprising:
  - 5 an arch portion;
  - a heel portion;
  - at least two connecting points, the arch portion and the heel portion connected at the at least two connecting points;
- 10 a first connecting clip, the arch portion clip connecting the arch portion together;
  - a second connecting clip, the heel portion clip connecting the heel portion together;
  - a first adjusting strap; and,
  - a second adjusting strap.
- 15 2. A foot strap comprising:
  - a first strap;
  - a second strap, the second strap connected substantially perpendicular to the first strap, the second strap connected to the first strap at at least two connecting points;
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  - first adjusting means for adjusting the first strap; and,
  - second adjusting means for adjusting the second strap.
3. The foot strap of claim 2, wherein the adjusting means further comprise:
  - 25 connecting clips, the straps being threaded through the clips so that the straps can be adjusted.
4. The foot strap of claim 3, wherein the first strap is substantially oval-shaped, and the second strap is substantially U-shaped.

5. The foot strap of claim 4, wherein the first strap is an arch portion and the second strap is a heel portion.

5 6. The foot strap of claim 2, wherein the foot strap is selectively adjustable.

7. The foot strap of claim 6, wherein the foot strap is selectively removable from an associated tree stand.

10 8. The foot strap of claim 7, wherein the clips have male and female ends.

9. The foot strap of claim 1, wherein the foot strap is selectively removable from the associated tree stand.

15 10. The foot strap of claim 9, wherein the clips have male and female ends.

20 11. The foot strap of claim 1, wherein the circumference of the first strap is greater than the circumference of the second strap.

12. The foot strap of claim 2, wherein the circumference of the first strap is greater than the circumference of the second strap.

25 13. A method for ensuring safety on an associated tree stand, the method comprising the steps of:

providing a foot strap, the foot strap having a first strap, a second strap, first adjusting means, and second adjusting means;

connecting the second strap to the first strap at at least two connecting points;  
connecting the first strap to the associated tree stand;  
adjusting the first adjusting means to fit an associated foot;  
connecting the second strap around an associated heel; and,  
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adjusting the second adjusting means to fit the associated heel.

14. The method of claim 13, wherein the method further comprises the step of:

selectively removing the foot strap from the associated tree stand.

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15. The method of claim 14, wherein connecting the first strap to the associated tree stand further comprises the steps of:

threading the first strap through a first connecting clip; and,  
connecting the first strap to the associated tree stand using the first connecting  
15 clip.

16. The method of claim 15, wherein connecting the second strap around an associated heel further comprises the steps of:

threading the second strap through a second connecting clip; and,  
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connecting the second strap around an associated heel using the second connecting clip.

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17. The method of claim 13, wherein providing a foot strap, the foot strap having a first strap, a second strap, first adjusting means, and second adjusting means further comprises the step of:

providing a foot strap, the foot strap having a first strap, a second strap, first adjusting means, and second adjusting means, the first strap having a circumference greater than the circumference of the second strap.